

MON		TUE		WED		THU		FRI		SAT		SUN	
HIIT Intervals <i>Phil</i>	7.30 8.00	Spin <i>Fronzie</i>	7.30 8.15	Morning Workout IN GYM <i>Elizabeth</i>	7.15 8.00	Bootcamp <i>Twahir</i>	7.15 8.00	Flow Yoga <i>Emily</i>	7.30 8.15	Pilates <i>Rebecca</i>	8.30 9.15	Morning Workout <i>Elizabeth</i>	9.15 10.00
Move & Massage Yoga <i>Arabella</i>	9.30 10.30	Fitball <i>Fronzie</i>	10.00 10.45	Vinyasa Yoga <i>Emily</i>	7.30 8.15	Move & Massage Yoga <i>Arabella</i>	9.30 10.30	Flex Yoga <i>Viviane</i>	9.30 10.15	Kettlebells <i>Twahir</i>	9.30 10.15	Yoga <i>Emily</i>	10.15 11.00
Move & Massage Yoga <i>Arabella</i>	10.45 11.45	Legs, Bum, Tum <i>Sarah</i>	13.00 13.45	Kundalini <i>Lizzie</i>	9.30 10.15	Full Body Circuits IN GYM OR STUDIO <i>Sarah</i>	12.15 13.00	Massage & Unwind Yoga <i>Arabella</i>	10.45 11.45	Core + Glutes <i>Twahir</i>	10.30 11.15	Plyometrics <i>Twahir</i>	11.15 12.00
Core Fit <i>Sarah</i>	12.30 13.15	Stretch + Core <i>Xaynia</i>	17.30 18.15	Full Body Strength <i>Twahir</i>	12.00 12.45	Pilates <i>Louise</i>	13.00 13.45	Pilates <i>Rebecca</i>	12.15 13.00	Ballet Fit <i>Xaynia</i>	12.30 13.15	Dynamic Yoga <i>Chris</i>	15.30 16.30
Booty Burner <i>Xaynia</i>	17.45 18.30	Vinyasa Yoga <i>Emily</i>	19.30 20.15	Booty Burner <i>Xaynia</i>	13.00 13.45	Foam Rolling <i>Twahir</i>	17.15 18.00	Yoga <i>Floss</i>	13.30 14.15	<p>January 2025 Timetable</p> <p>Starting 6th Jan 2025</p>			
Foam Rolling <i>Twahir</i>	18.45 19.30			Bootcamp <i>Phil</i>	18.15 19.00	Kick Fit <i>Fronzie</i>	18.15 19.00	Full Body Friday <i>Twahir</i>	17.30 18.15				

FASTER. BETTER. STRONGER.

HIIT: A fast paced interval training class to energise and keep you strong.

Core : An intense class, working the whole core.

Circuits: Strength & resilience training going from 'station' to 'station'.

Kettlebells: A full body workout using kettlebells and other weights.

Full Body: Varied 'stations' in Tabata style working full body!

LBT: A fun workout aimed to tone those Legs, Bums & Tums!

Spin: Indoor cycling that pushes your endurance levels.

Bootcamp: A great workout full of energy!

Plyometrics: A series of explosive body weight resistance exercises, to increase strength.

Booty Burner: Intensive & fun movement to music, focusing on everything lower body.

Kickfit: High intensity workout

Foam Rolling: An easy paced class helping functional rehab and core

FitBall: A fitness class utilizing the benefits of the Swiss Ball, aiding core and posture.

Pilates: Designed to target core stability, flexibility and mobility.

Dynamic Yoga: A more intense style of Flow with core holds—strength.

Flex Yoga: Focusing on mobility with strength.

Ballet fit: Using ballet based exercises for increased core strength & structure

Kundalini Yoga: Connecting to the body through breath and pose.

Flow Yoga: Strengthening, lengthening, and re-balancing

Vinyasa Yoga: For all building stamina, strength & alignment for a positive start to the day!

Move & Massage Yoga: Functional movement and self massage

Massage and Unwind Yoga: Self massage and relax

Full Body Strength: Using bands and weights, focusing on upper body and core.

Stretch and Core: Gentle stretching and held poses to improve mobility and core strength.

Morning Workout: Strength and toning workout to start your morning right.

Health club opening times: Mon-Fri 06.30—21.30 Sat + Sun 08.00—19.30

We close the Spa and Gym areas 30 mins prior to the club closing time